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# INDUSTRIAL NUTRITION SERVICE

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For employee publications, and individuals  
and groups promoting nutrition education

WAR FOOD ADMINISTRATION, Office of Distribution

If you work where lunch cannot be purchased on the job, watch for the post-lunch lag!

It is the lag that creeps up on you a few hours after eating. It lets production slump and makes you tired and cross. It is not the weight of the lunch box alone that prevents this lag. The quality, as well as the quantity of food the lunch box contains, packs the punch that licks this lag.

Quality foods are those which provide plenty of essential vitamins and minerals. Without these essentials the body becomes sluggish and easily tired. War Food Administration has a pamphlet called "Eat a Lunch that Packs a Punch." If you want some helpful hints, get this pamphlet. Single copies available, free, from Office of Distribution, War Food Administration, Washington 25, D.C. Additional copies may be purchased at \$1.00 a hundred from the Superintendent of Documents, Washington 25, D. C. Ask for USDA-NFC-8.

Here's a lunch box quiz for lunch packers. If you know all the answers you have the "know how" to pack a lunch that packs a punch.

## Packed Lunch Quiz

1. How can you improve this lunch? Jelly sandwiches on white bread, potato chips, soft drink and doughnuts.
2. What are the six foods that should be in a packed lunch that packs a punch?
3. Can you name 4 short cuts in preparing packed lunches?
4. Are salad dressing and mustard flavored "spreads" a good way to save ration points used for butter?

5. Why does peanut butter alone or in combination with other foods make a good sandwich filling?
6. What meats, that are plentiful and require no ration points, can you use for sandwich fillings?
7. What are the most common complaints about packed lunch sandwiches?

#### Packed Lunch Quiz Answers

1. Substitute: Cheese or egg salad sandwiches on whole wheat or enriched bread, whole tomato, raw carrot strips, oatmeal cookies and milk.
2. Fruit, vegetable, milk, bread (enriched or whole grain), butter (or fortified margarine), and a protein food (such as meat, fish, poultry, cheese, peanut butter or egg).
3. (a) Keep lunch box food and equipment together.  
(b) Have butter and spreads soft for ease in spreading on bread.  
(c) Spread more than one slice at a time.  
(d) Plan ahead.
4. No - because they are not a substitute for the food values in butter.
5. Peanut butter is a rich source of protein and the B vitamins.
6. Utility grade beef, certain cuts of pork, chopped liver, sliced boiled fresh or smoked tongue.
7. Too dry, too soggy, too stale; not enough filling; no butter; not enough variety.